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[The Joy Diet - French Kiss Life](#)

The one diet I stick to and recommend - the joy diet. It's made up of practices that will help you feel more content, more abundant, and less wrapped up in stress and fear.

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[The Joy Diet: 10 Daily Practices for a Happier Life ...](#)  
Welcome to The Joy Diet, a menu of ten behaviors you can add to your way of living and thinking to enhance every day's journey through the unpredictable terrain of your existence. You can add these behaviors gradually and watch your life become steadily more vivid and satisfying.

Or you can go on a crash Joy Diet to help you navigate

[The Joy Diet: A Brief Guide to Feasting on Life - Martha Beck](#)

Martha Beck, PhD, is a Harvard-trained sociologist, world-renowned coach and New York Times bestselling author. She has published nine non-fiction books, one novel, and more than 200 magazine articles.

[The Joy Diet: 10 Daily Practices for a Happier Life ...](#)  
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[Martha Beck's Joy Diet - oprah.com](#)

Feasting On Food Though the Joy Diet isn't a typical food regimen, it does have two strict rules about eating. They are: 1. You must eat only what you really enjoy.

[The Joy Diet: 10 Daily Practices for a Happier Life ...](#)

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